



# CITY OF CONCORD WELLNESS PROGRAM

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## Making Wellness Work

*The City of Concord's Wellness team has partnered with the Concord Food Co-op to bring you a number of Workshops led by several of the Concord-area's top holistic practitioners. The workshops cover a wide range of health and nutrition topics and many are eligible for Wellflex credit. The workshops are open to Wellflex participants & the area Community*

It may still feel like summer, but the seasons will soon shift. Learn how remedies like elderberry syrup, fire cider, teas, extracts, and mushrooms can help keep your immune system humming as we enter cold and flu season.

Join Maria Noel Groves, RH (AHG), Registered Clinical Herbalist as she demonstrates a natural remedy

**Tuesday, August 11, 2015**

**6:00 PM - 7:00 PM**

**Council Chambers**

### STAYING HEALTHY THROUGH THE SEASONS



### GOOD HEALTH IS A HABIT



Many of us want to be healthier but we often fall short of achieving our goal. Why is it such a challenge when we know our health matters most? During this class, Erin Girzone will help us learn the key steps to establishing new habits that are long lasting. The goal will then be to apply this approach to our own health goals so that when we step out of class, our desire to live healthier will become a reality thanks to a plan of action we can put in place and build upon.

**Tuesday, September 22, 2015**

**6:00 PM—7:00 PM—Council Chambers**

All employees and spouses are welcome to attend during their 'non-work' time. You and/or your city-insured spouse will earn one (1) Wellflex health education unit each for attending this workshop.

You may register for the education session by [email](#) or you may contact HR at 225-8535 for assistance or additional information.